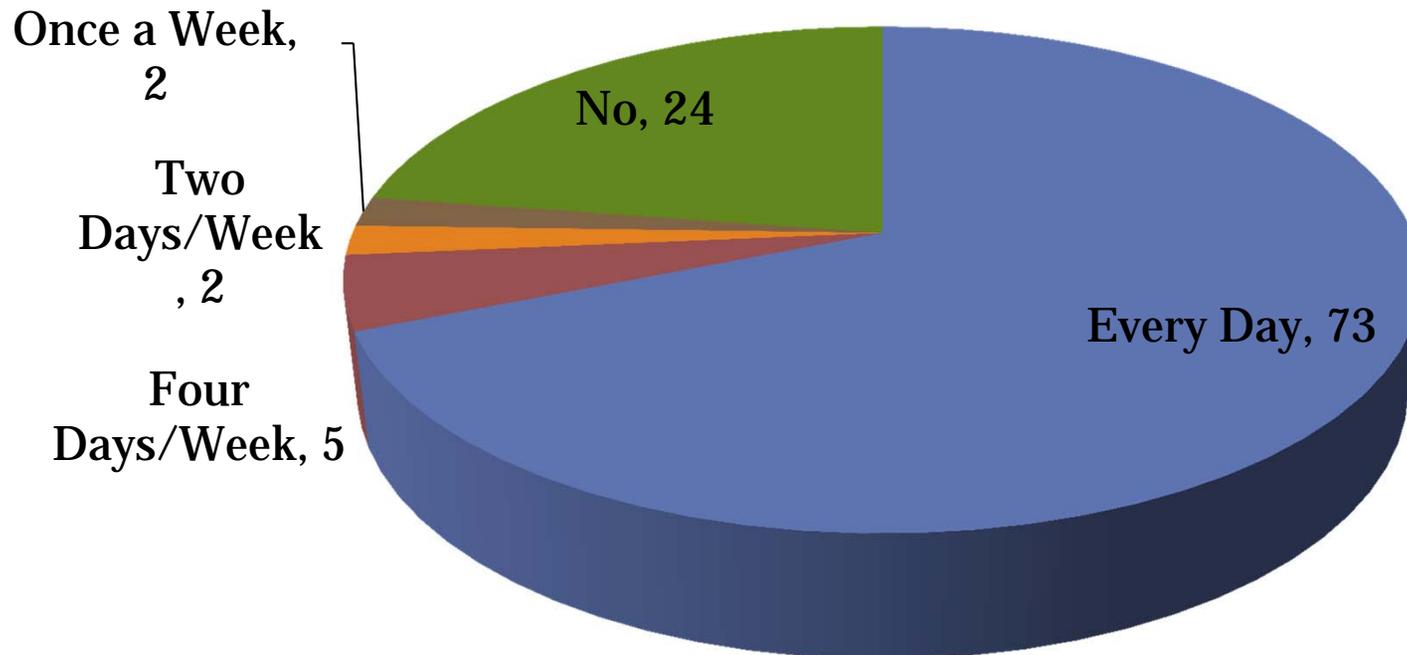


Salad Bar Survey

Team Nutrition

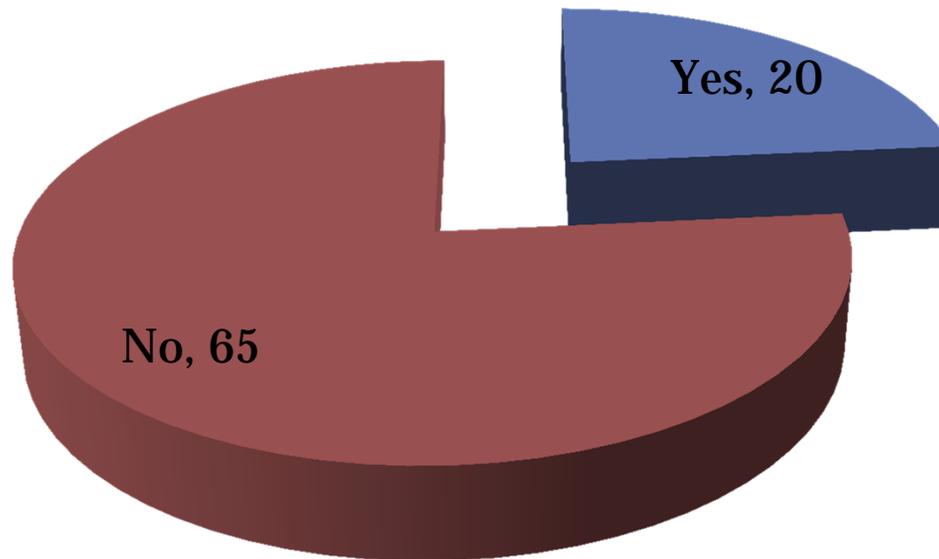
Salad Bar Offered at Lunch?



*amounts indicate the number of schools or institutions that offer a salad bar at each interval

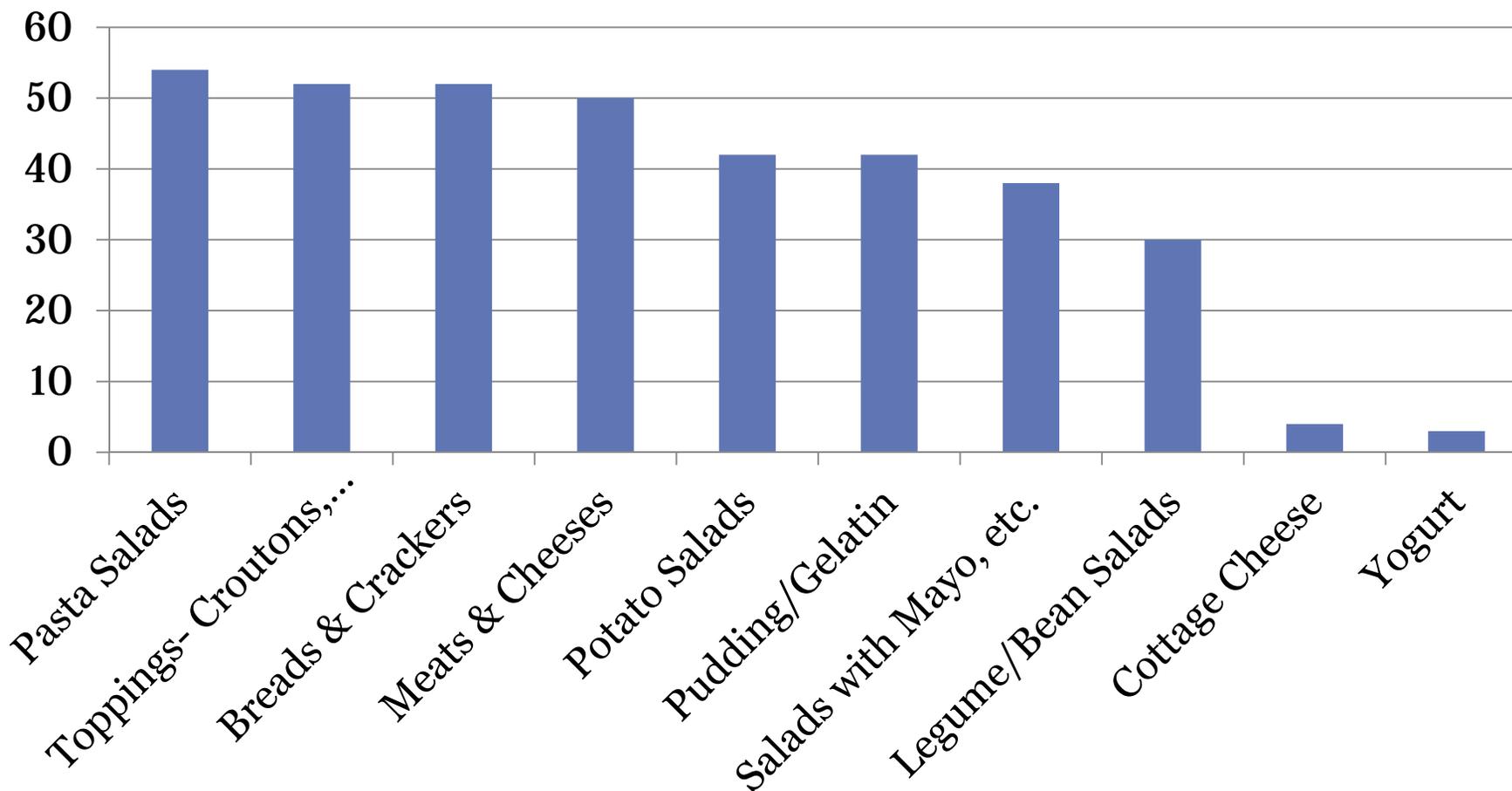
These results are encouraging in that they show more than $\frac{3}{4}$ of institutions offering a salad bar four days a week or more. While there are still some that do not offer salad bars, there is hope that more institutions can and will start to offer salad bars.

Does your salad bar offer only fruits and vegetables?



Other items offered include nuts, cheese, croutons, and dressings. (More complete list following)

Other Items Besides Fruits and Vegetables Offered



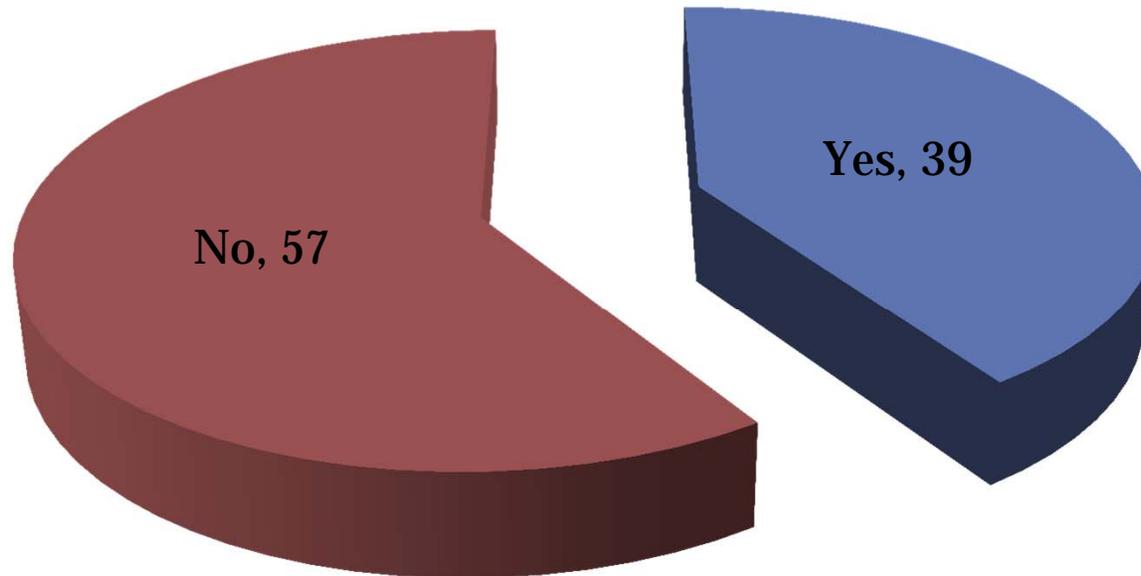
Bars Indicate the Number of Schools to Offer Each alternative.

Other items offered besides F & V

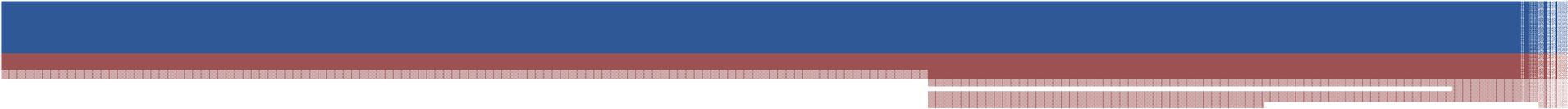
- Pasta Salads- 54
- Toppings- croutons, nuts/seeds, bacon bits- 52
- Breads & Crackers- 52
- Meats & Cheeses- 50
- Potato Salads- 42
- Pudding/Gelatin/Dessert Salads- 42
- Salads made with salad dressing/mayo/dairy or non-dairy whips- 38
- Legume/bean based salads (may be made with salad dressing- 30
- Cottage Cheese- 4
- Yogurt- 3

The most commonly offered alternatives are pasta salads, followed closely by mostly healthy alternatives, including starch sources and protein sources.

Do you offer chef salads as a choice at lunchtime?



Even though less than half of the schools currently offer chef salads for lunch, there is still a majority of schools that offer salad bars during lunch.



Out of 106 Schools:

- 13 Schools have salad bar equipment that is not currently being used
- 29 offer nonfat or lowfat dressing
- To maintain the taste of full fat dressing, some schools mix 1 part full fat with 2 parts nonfat dressing